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## DIRECTIONS FOR THE MANAGEMENT OF SLEEP.

As nothing can contribute more to the healthy exercise of the faculties of mind and body, during the hours of labour, than a proper attention to the management of sleep, during the period allocated to repose, we are sure our readers will feel obliged by our laying before them the following remarks on this subject by the celebrated Dr. Abercrombie :

"The chamber in which we sleep should be always large, high-roofed, and airy. In modern houses, these requisites are too much overlooked; and the sleeping apartments sacrificed to the public rooms, which are of great dimensions, while the bed-rooms resemble closets more than any thing else. This error is exceedingly detrimental to health. The rooms wherein so great a portion of life is passed should always be roomy, and, if possible, not placed upon the ground floor, because such a situation is apt to be damp and worse ventilated than higher up.

"The next consideration applies to the bed itself, which ought to be large, and not placed near to the wall, but at some distance from it, both to avoid any dampness which may exist, and admit a freer circulation of air. The curtains should never be drawn closely together, even in the coldest weather. Some space ought always to be left open; and when the season is not severe, they should be removed altogether. The mattress, or bed, on which we lie, ought always to be rather hard. Nothing is more injurious to health than soft beds; they effeminate the individual, render his flesh soft and flabby, and incapacitate him from undergoing any privation. The texture of which the couch is made, is not of much consequence, provided it be not too soft: hence, feather-beds, or mattresses of hair or straw, are almost equally good, if they are suitable in this particular. I may mention, however, that the hair mattress, from being cooler, and less apt to imbibe moisture, is preferable, at least during the summer season, to a bed of feathers. Those soft yielding feather beds, in which the body sinks deeper, are highly pernicious, as they keep up an unnatural heat, and maintain, during the whole night, a state of exhausting perspiration. Air beds have been lately recommended, but I can assert, from personal experience, that they are the worst that can possibly be employed. They become very soon heated to a most unpleasant degree; and it is impossible to repose upon them with any comfort: the same remark applies to air-pillows, which I several times attempted to use, but was compelled to desist, owing to the disagreeable heat that generated in a few minutes.

"The pillow, as well as the bed or mattress, should be pretty hard. When it is too soft, the head soon sinks in it, and becomes very hot and unpleasant.

"With regard to the covering, there can be no doubt that it is most wholesome to lie between sheets. Some persons prefer having blankets next their skin, but this, besides being an uncleanly practice, is hurtful to the constitution, as it generates perspiration, and keeps up a heat which cannot but be injurious.

"A common custom prevails of warming the bed before we go to sleep. This, also, except with delicate people, and during very cold seasons, is pernicious. It is far better to let the bed be chafed by the natural heat of the body, which, in most cases, even in very severe weather, will be sufficient for the purpose.

"We ought never to sleep overloaded with clothes, but have merely what is sufficient to keep up a comfortable warmth, and no more. When this is exceeded, we straightway perspire, which not only breaks the sleep, but has a bad effect upon the system.

"When a person is in health, the atmosphere of his apartment should be cool; on this account fires are exceedingly hurtful, and should never be had recourse to, except when the individual is delicate, or the weather intolerably severe. When they become requisite, we should carefully guard against smoke, as fatal accidents have arisen from this cause.

"Nothing is so injurious as damp beds. It becomes, therefore, every person, whether at home or abroad, to look to this matter, and see that the bedding on which he lies is thoroughly dry and free from even the slightest moisture. By neglecting such a precaution, rheumatism, colds, inflammations, and death itself may ensue. Indeed,

these calamities are very frequently traced to the circumstance of the person's having incautiously slept upon damp bed. For the same reason, the walls and floor of the room should be dry, and wet clothes should never be hung up, as the atmosphere is sure to become impregnated with a moisture which is highly pernicious. In like manner we should avoid sleeping in a bed that has been occupied by the sick, till the bedding has been cleansed and thoroughly aired. When a person has died of any infectious disease, the clothes in which he lay ought to be burned; and this should be extended to the bed or mattress itself. Even the bedstead should be carefully washed and fumigated.

"On going to sleep, all sorts of restraints must be removed from the body; the collar of the night shirt should be unbuttoned, and the neckcloth taken off. With regard to the head, the more lightly it is covered the better: on this account, we should wear a thin cotton or silk night cap; and this is still better if made of net-work. Some persons wear worsted, or flannel caps, but these are exceedingly improper, and are only justifiable in old or rheumatic subjects. The grand rule of health is to keep the head cool, and the feet warm; hence, the night cap cannot be too thin. In fact, the chief use of this piece of clothing is to preserve the hair, and prevent it from being disordered and matted together.

"Sleeping in stockings is a bad and uncleanly habit, which should never be practised. By accustoming ourselves to do without any covering on the feet, we will seldom experience any uneasy feeling of cold in these parts, provided we have a sufficiency of clothing about us, to keep the rest of the system comfortable. and if, notwithstanding, they still remain cold, this can easily be obviated by wrapping a warm flannel-cloth around them, or by applying to them, for a few minutes, a heated iron, or a bottle of warm water.

"The posture of the body must also be attended to. The head should be tolerably elevated, especially in plethoric subjects: consequently, the bolster or pillows must be suitable to this purpose. The position, from the neck downwards, ought to be as nearly as possible horizontal. The half sitting posture, with the shoulders considerably elevated, is exceedingly injurious, as the thoracic and abdominal viscera are thereby compressed, and respiration, digestion, and circulation, materially impeded. Lying upon the back is also improper, in consequence of its bad effect upon the breathing, and tendency to produce nightmare. Most people pass the greater part of the night upon the side, which is certainly the most comfortable position that can be assumed in sleep. According to Dr. A. Hunter, women who love their husbands generally lie on the right side. On this point, I can give no opinion. I have known individuals who could not sleep except upon the back, but these are rare cases."

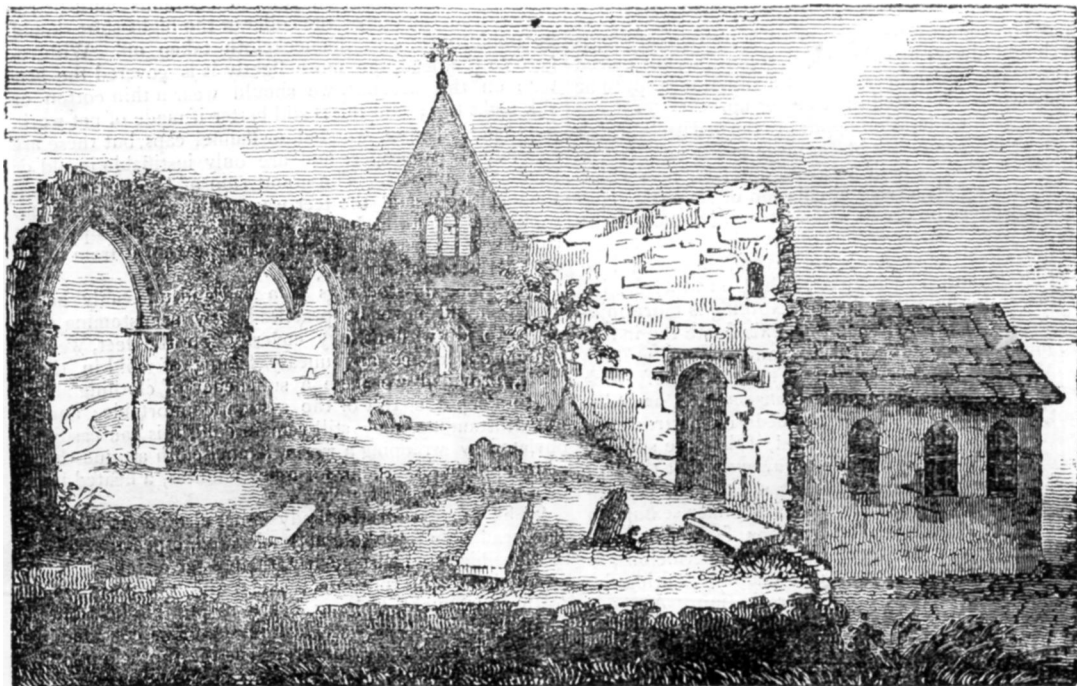
## OBSERVATIONS ON EARLY RISING.

BY THE SAME AUTHOR.

Every circumstance contributes to render early rising advisable to those who are in the enjoyment of health. There is no time of the day equal in beauty and freshness to the morning, when nature has just parted with the gloomy mantle which night had flung over her, and stands before us like a young bride, from whose aspect the veil which covered her loveliness, has been withdrawn. The whole material world has a vivifying appearance. The husbandman is up at his labour, the forest leaves sparkle with drops of crystal dew, the flowers raise their rejoicing heads towards the sun, the birds pour forth their anthems of gladness, and the wide face of creation itself seems as if awakened and refreshed from a mighty slumber. All these things, however, are hidden from the eyes of the sluggard: nature, in her most glorious aspect, is, to him, a sealed book; and while every scene around him is full of beauty, interest, and animation, he alone is passionless and uninspired. Behold him stretched upon the couch of rest! In vain does the clock proclaim that the reign of day has commenced! In vain does the morning light stream fiercely in by the chinks of the window, as if to startle him from his repose! He hears not—he sees not, for blindness and deafness rule over him with despotic sway, and lay a

deadening spell upon his faculties. And when he does at length awake—far on in the day—from the torpor of this benumbing sleep, he is not refreshed. He does not start at once into new life—an altered man, with joy in his mind, and vigour in his frame. On the contrary, he is dull, languid, and stupid, as if half recovered from a paroxysm of drunkenness. He yawns, stretches himself, and stalks into the breakfast parlour, to partake in solitude, and without appetite, of his unrefreshing meal—while his eyes are red and gummy, his beard unshorn, his face unwashed, and his clothes disorderly, and ill put on.”

The difference between rising every morning, at six, and at eight, in the course of forty years, amounts to 29,200 hours, or three years one hundred and twenty one days and sixteen hours, which are equal to eight hours a day for exactly ten years. So that rising at six will be the same as if ten years of life (a weighty consideration) were added, wherein we may command eight hours every day for the cultivation of our minds, and the dispatch of business. This calculation is made without any regard to bissextile.



MEELICK ABBEY.

The Abbey of Meelick, or, as it is sometimes written, Milick, is romantically situated on the banks of the river Shannon, in the barony of Longford, in the county of Galway, which was anciently denominated Silanchia, or the territory of O'Madden, and was founded by one of the dynasts of Silanchia, in the year 1474, for conventual Franciscans.

The following is an extract from an old register still preserved in the convent of Meelick:—

“*Monasterium de Milick, Diocesis Clumfertensis, in Cometatu Galvia, pro ipsa observantiâ Fundatū, anno 1474.*”

“*Aliqui antiquius multo sentiunt cerea annum 1300.—Fundatorem habuit Dominum O'Madden. Suppressum et fere omnino destructum tempore Elizabethæ Reginæ \* \* \* Cui substitutus fuit Præses Fr. Jno. O'Madden, a quo quarto mensis junii, 1643, (anno vero secundo insurrectionis Hibernorum contra Anglos in Hibernia) quo die celebrabatur solemnitas corporis Xti.—Reconcliatâ fuit ecclesia fratrum minorum de Melick, tempore provincialatus Revdi. Admodum Bernardi Connoy.*”

Meelick is nearly surrounded by the inundation of the Shannon during the winter months; the lands in the vicinity are particularly rich and fertile; most of these were formerly held by the monks of Meelick, but there are now only two brethren, who inhabit a small dwelling-house, annexed to the old abbey, adjoining to which they have erected a chapel, where they perform service.—They have a few acres of land on lease from the Marquis of Clanricarde, who is now lord of the soil, the abbey having been, at its suppression, granted to Sir John King, who assigned it to the Earl of Clanricarde.

In the Munster annals we find, “that in the year 1203, William de Burgo marched at the head of a great army into Connaught, and so to Milick, and did there profanely convert the church into a stable, round which he erected a castle of a circular form, wherein he was seen to eat flesh-meat during the whole time of lent.”

There is no more ancient inscription amongst the monuments at Meelick than 1643; and there is in the cellar of the convent, an hexagonal stone very neatly cut, evidently the boll of a cross, with the following inscription:—

1645, ORATE PRO ANIMA PRECLARI DOMINI, MALACHI O'MADDEN, ET MARGARITÆ CROMPTON, CONJUGIRUS QUI ME EREXERUNT.

The library of Meelick was once rich, but is now reduced to a few mutilated volumes of school divinity, perishing from damp and neglect.

D.O.C.

The kindness of another esteemed correspondent, who had also sent us a drawing and description of the ruin, enables us to supply the following additional particulars relative to its present condition:—

“At present, the roofless walls of this once sumptuous building, are mouldering in decay, or falling a prey to the ruthless hands of modern Vandals. The beautiful pillar that once separated and supported the arches, on the south side of the edifice has been torn away to supply head-stones for the humble occupants of the neighbouring narrow cells. Beneath the easternmost of these once noble arches is the homely tomb of a person named Bennett, who died in 1768. Having asked a poor woman, who was kind enough to point out to me the respective graves, for whom the grave-stone was erected, “ah! sir,” said she, “the man who sleeps over the way there, once